

# SOUTH INDIA

**Awakening Healing Shakti  
Within and Without**



TOUCH OF  
**SPIRIT**  
TOURS



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## Awakening Healing Shakti Within and Without



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Departing from Chennai on 16th February 2016, highlights include: fabulous ancient monuments and temples, beautiful sacred sites, an ashram visit, a lovely orphanage, historic Cochin, a backwaters houseboat trip, a lovely beach resort in Kerala and so much more, including fembodiment yoga classes most mornings, a cooking class, ayurvedic health education, great shopping opportunities and mouth-watering cuisine.

Australian Therapist and Teacher, Jenni Mears, travels with us running classes to 'awaken healing Shakti within and without'.



# ITINERARY

### Day One

Arrive in Chennai. You will be met at the airport and transferred to your lovely beach resort in Mamallapuram, a vibrant fishing town.

### Day Two

Take it easy today with a stroll around the shops or beach, enjoy a relaxing massage, a swim in the resort's pool or a delicious treat in one of the many lovely cafes. A Goddess class is scheduled for the afternoon on the lovely lawn overlooking the beach.

### Day Three

Go on a guided tour of amazingly carved seventh century world heritage monuments. Then enjoy some free time before a late afternoon class.





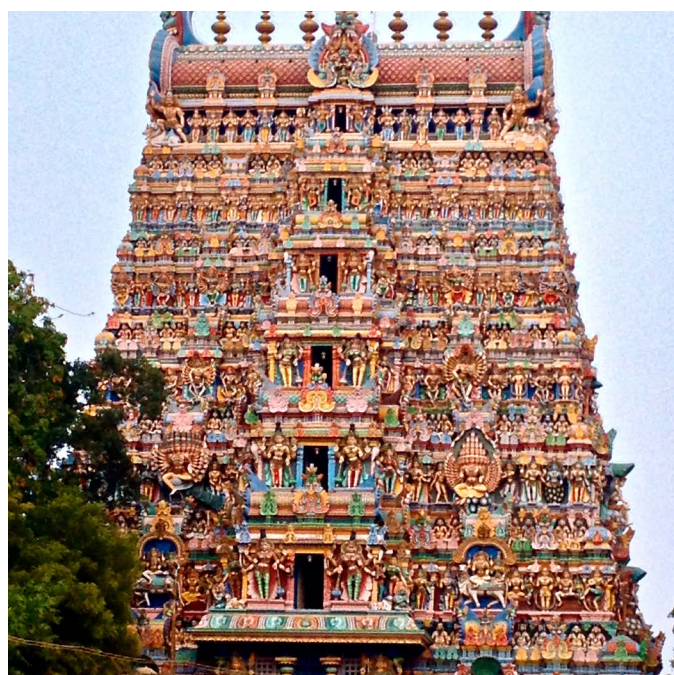


## Day Four

Drive to Tiruvannamalai, situated at the base of the holy mountain, Arunachula, a pilgrimage centre for 100's of years. On the way, visit a lovely Children's Home to see the good works that are carried out there.

## Day Five - Day Seven

Visit the hermit caves and Sri Ramana Maharshi's ashram (for meditation and chanting) and the amazing ancient temple. Enjoy Goddess classes with a local resident as well as your lovely facilitator, Jenni. Learn about the wonderful health benefits of Ayurveda at a very informative talk. Also indulge in a massage or other treatment and enjoy some free time by the pool. Yoga is also available.



## Day Eight

Drive to Chennai airport for a short flight to Cochin. Settle in to your charming waterfront hotel.

## Day Nine

Go on a guided tour of Cochin to see India's oldest church and synagogue, the amazing Dutch Palace, Chinese fishing nets and other great sights. In the afternoon, enjoy another goddess class.

## Day Ten

Enjoy some free time in Cochin today, stroll the atmospheric streets, enjoy the lovely cafes and shops. Enjoy lunch in an art gallery café followed by another wonderful class. In the late afternoon, you will witness an exotic Kathakali dance performance.







## Day Eleven

Drive a short distance to Alleppey where you will board a lovely houseboat for a leisurely cruise around the backwaters of Kerala. Enjoy the breathtaking views and rural sights as you see first-hand how life is lived on the vast waterways of this tiny state. Also enjoy yoga, meditation and goddess classes as you cruise along.

## Day Twelve to Day Fourteen

Set off on a scenic drive to Varkala, where you will enjoy goddess classes, a cooking class, yoga, massages and treatments and swimming at a beautiful secluded beach. Relax into the peaceful ambience of this lovely cliff-top beach resort.

## Day Fifteen

Enjoy a morning swim and class before a short drive to another lovely beachside hotel in Trivandrum, the state's capital.

## Day Sixteen

Enjoy some free time after our final class. Relax by the resort's garden pool, take a stroll on the beach, enjoy some last minute shopping or enjoy a refreshing swim. After a final group dinner you will be transferred to the airport for flights home.







## ADDITIONAL INFO

Your 16-day experience includes air-conditioned travel, stylish accommodation, all entrance fees, internal flight, many meals, bottled water, guides, guide tips, backwaters house-boat trip, yoga and meditation classes, ayurvedic class, Awakening Healing Shakti Within and Without classes and Fembodiment Yoga Classes with Jenni.

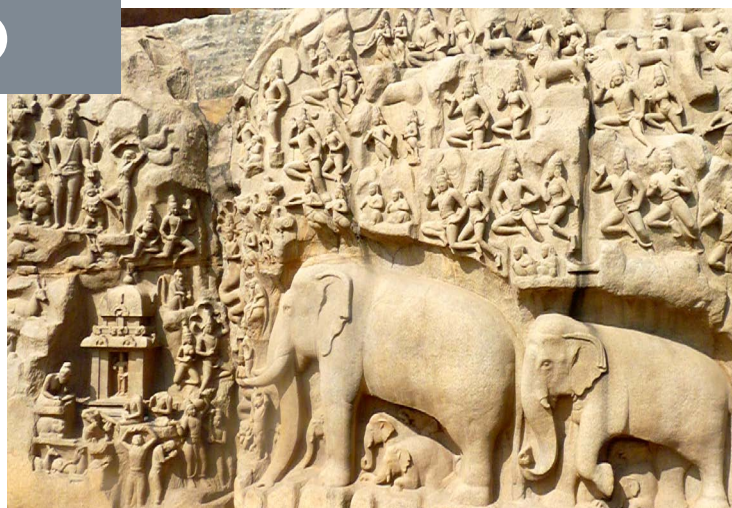
Price \$3850, per person twin share.  
(Single supplement \$ 940)

### Your Facilitator: Jenni Mears

Jenni is founder and owner of Heart Radiant Women, a leading community throughout Australia. As a Heart, Mind and Body Alchemist she loves to guide women to feel more alive and at home in their bodies, to transform their relationship with self and others into a more authentic and pleasurable place and to awaken their right to discover confidence and heart radiant presence.

Jenni has a deep calling to be in service to women and to help them to discover how to awaken their shakti power from the inside out, by integrating the attributes of ancient goddesses through feminine embodiment practices and heart opening guided meditations.

No experience is necessary for the classes, just a gentle willingness to explore your inherent nature and have fun. Jenni will be holding women's circles throughout the tour where you will connect with many of the



ancient goddesses to experience your own unique essence.

This tour is a profound feminine journey on the inner and outer planes with just the right blend of wisdom, culture, relaxation, pleasure, adventure, spirituality and joy.

### Learn more about Jenni Mears:

[www.heartradiantwomen.com](http://www.heartradiantwomen.com)

### For booking information contact:

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Please note: The itinerary may be subject to change depending on altered circumstances.

